



HIGH SELF ESTEEM COMES FROM:

- Attention
- Acceptance, respect, love
- Honesty
- Affectionate appropriate touch
- Having needs taken seriously and met
- Honoring uniqueness
- Having choices
- Encouragement, support, appreciation
- Being really listened to and understood
- Safety
- A sense of personal power
- Being responsible
- Having meaning in life, sense of purpose
- Being healthy and fit
- A sense of connection with a high power – spirituality
- A feeling of connectedness with others



PEOPLE WITH HIGH SELF ESTEEM

They are:

- confident without being overbearing
- not devastated by criticism
- not overly defensive when questioned
- active and achievement oriented without being driven
- mostly happy with themselves as they are
- not easily defeated by setbacks and obstacles
- able to accept and learn from their own mistakes
- unlikely to feel a need to put others down
- open and assertive in communicating their needs
- self reliant and resourceful without refusing help from others
- not overly worried about failing or looking foolish
- not harshly or destructively critical of themselves
- not aggressively driven to prove themselves
- able to laugh at themselves, not taking themselves too seriously



LOW SELF ESTEEM?

There are two basic low self esteem responses:

1. *Feeling Down on yourself*

- feeling overwhelmed by the pace of life
- feeling like a failure relative to everyone else
- constantly doubting whether you can achieve anything
- staying where it's safe, being afraid to try anything too new
- behaving timidly and cannot assert yourself
- overly depending on others to look after you
- finding ways of escaping unpleasant realities
- putting little effort into things because you doubt you can be successful
- putting yourself down constantly

2. *Feeling angry and getting even*

- losing your temper at the drop of a hat
- being quick to pick a fight
- blaming others or circumstances for every setback
- constantly finding fault with the world
- being negative – nothing is good, everything is horrible
- taking pleasure in stories about the troubles of others
- taking things out on others
- constantly arguing about petty issues

Some people stay in one of these 2 positions, others vacillate between the two

- We make the mistake of comparing how we feel with how others behave
- Inevitably, most others will behave more happily than we feel
- So we conclude that no one else could feel as bad as we do
- This creates a vicious circle and our self esteem then drops even lower



LOW SELF-ESTEEM COMES FROM:

- Rejection
- Conditional LOVE or NO LOVE at ALL
- Threats
- Lack of Attention – being ignored
- Emotional or physical neglect
- Abusive touch
- Comparison, Perfectionism
- Not being taken seriously – not being listened to
- Put-downs, name calling, ridicule, humiliation, judgment and criticism
- Disrespect
- Prejudice
- Resentment
- Needs not being met
- Stress